

# Did you know?

- Based on SAMHSA's
   National Survey on Drug
   Use and Health, 8.5% of
   youth (about 2.1 million
   youth) had experienced at
   least one major depressive
   episode during the past
   vear.
- Suicide is the third leading cause of death for 15-to-24-year-olds, among this age group, suicide accounts for 12.3% of all deaths.

We need be considerate to specific needs, wants, ideas and feelings of specific people.

There are many youth oriented organizations that have proven to be an effective aid in a young person's life.

A Youth HUI will offer peer support to individuals most in need of encouragement and education on mental health, which affects their everyday life.





Mental Health Transformation
State Incentive Grant

## for Youth by Youth

### What is youth voice?

Youth voice refers to the ideas, opinions, attitudes, common knowledge and actions of young people as a shared body, for instance, young people genuinely participating in events that are relevant to their overall mission or goals.

### Why is this important?

Each young person today has personal expertise within their community of health and can utilize that experience to assist others with similar goals. That knowledge needs to be utilized in an effective manner, directed toward the people to whom it will be most beneficial.

### What will we do in the Youth Hui?

The youth in the HUI will participate in leadership training, creative expression experiences, connecting to the community and group "rap time" to discuss major issues in their lives and to find solutions. Youth involved in the HUI will be in an environment where members expect a respectful etiquette and language.

#### Who can join?

Any young adult ages 16-24 who has an interest in mental health in general. You can have a friend or know someone who has a mental challenge; you should have an interest in mental health and like to advocate.

Having a youth-led program would motivate members to take ownership of peir own recovery; all while being supported by those they can relate to most. It is important to place organizations in safe environments where members are comfortable and have the opportunity to reach the full potential of their abilities.

#### Our Goals

- Have dedicated youth that want to make a difference in other's lives and want to change in their own.
- Have youth feel and be seen as productive and able to accomplish their plans.
- Give/receive insight and direction from the personal experience of other youth.
- Understanding that a mental illness does not **define the person**.
- Complete hands-on activities that display each youth's creativity and views, while gaining understanding of their emotional development.
- Have confident youth who can be proud of what they can do and have pride in themselves.

#### Our Mission

As a Youth HUI, we can bring knowledge, support, encouragement and, most importantly, optimism to youth in need. We will eliminate the separation of youth with a mental illness and youth who do not have a diagnosis and will come together with one mind and body. Our generation can be an example of reducing stereotypes and the stigma that surrounds mental illness.